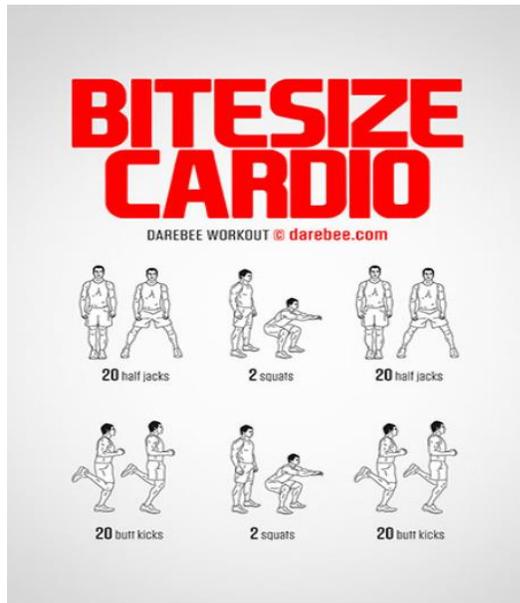


PE at HOME for the week of May 11-15

WE WANT TO HELP YOU STAY PHYSICALLY ACTIVE AND HEALTHY WHILE OUR SCHOOLS ARE OUT. THE GOAL IS TO HAVE 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY. REMEMBER, ACTIVITY TIME DOESN'T HAVE TO HAPPEN ALL AT ONCE. REPEAT AS MANY TIMES AS YOU CAN THROUGHOUT THE WEEK. 😊

Daily Workout



Repeat

PreK-Kindergarten- 2 times

1st Grade- 3 times

2nd Grade- 4 times

3rd Grade- 5 times

4th Grade- 6 times

5th & 6th Grade- 7 times

SKILL FOCUS: Create Your Own Obstacle Course

Use any equipment or objects you have around your house

Activity Procedures: (15-20 minutes)

1. Use your imagination to create an obstacle course. Use things you can run to, climb on, jump over, crawl under, or balance on. Be creative.
2. Ideas can include cardboard boxes, broom, rope, ladder laid flat, or any other object found around your house. Make sure you get parent permission before using household items.
3. Decide how to move through the course. It should have 4-7 moves.

Grade Level Progression: (10-15 minutes)

PreK- K: Walk through your course and finish as fast as you can. Now run through the course as fast as you can.

1st and 2nd: Have someone time you. Then see if you can beat your record.

3rd and 4th: Go through the course in reverse order.

5th and 6th: Have a sibling or friend start 5 seconds ahead of you. See if you can catch them.

- If you do not have equipment, that's okay; you can do an activity on the Activity Calendar on back. If it's safe outside and you have adult permission, try playing music and having a dance party, jump on your trampoline, jump rope, ride your bike, scooter, or other play equipment, play in your yard, take a walk with your family, run through the water sprinkler, or hopscotch. Or, you can help your family by doing a chore that lasts at least 10 minutes, such as vacuuming, sweeping, or mopping.

THE GOAL IS TO MOVE YOUR BODY!

Weekly Challenge: Create your own game using the equipment you have at home and the skills you've practiced each week (dribbling, volleying, jumping, kicking, throwing and catching). Write down the rules for the game or draw a picture. Once you are finished, explain or read the rules of the game to someone in your family. What is your new game called? Now play your new game together.